

Myth Buster

Myth

Mental health problems are rare.

Fact: 1 in 4 people will experience a mental health problem

Myth

People with mental illness aren't able to work.

Fact: People with a mental illness can hold down a successful job. You probably work with someone experiencing a mental health problem.

Myth

People with mental illness are usually violent and unpredictable.

Fact: Most people with mental health problems, even more severe illnesses such as schizophrenia, are not violent.

Someone with a mental illness is more likely to be a victim of violence than inflict it.

Myth

Young people just go through ups and downs as part of puberty – it's nothing.

Fact: 1 in 8 young people will experience a mental health problem.

Weekly Wellbeing

Mental Health Awareness Week

Our weekly parents' newsletter considers how we can support our youngsters' wellbeing, but also look after ourselves at this time which is full of new challenges! We hope you enjoy reading - Bucks Mind CYP Team

Why it's important

1 in 8



children and young people have a diagnosable mental health problem, and many continue to have these problems into adulthood.

50%



of those with lifetime mental health problems first experience symptoms by the age of 14.

1 in 10



boys aged 5-19 with a mental health condition are excluded in some form from school

Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18-24 May 2020. The theme is kindness.



https://www.youtube.com/watch?v=AUWhd_mKyOE8

Time to Change Quiz



<https://www.time-to-change.org.uk/mental-health-quiz>



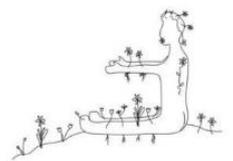
Test yourself on how much you know about mental health & stigma!

time to change

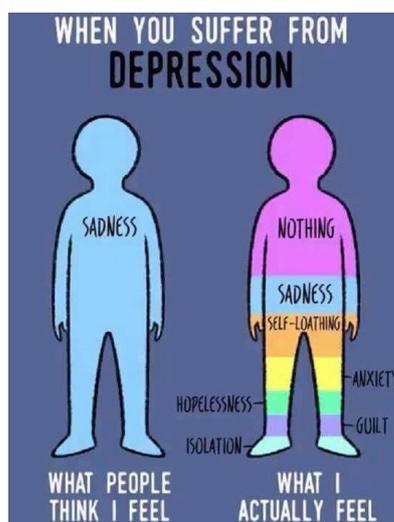
let's end mental health discrimination

Poem

this is the recipe of life
said my mother
as she held me in her arms as i wept
think of those flowers you plant
in the garden each year
they will teach you
that people too
must wilt
fall
root
rise
in order to bloom



- rupi kaur



Weekly Wellbeing

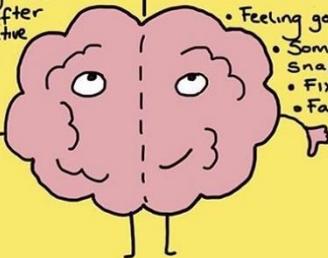
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Inherently linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have only when it feels broken
- Something to think about with mental illness
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Mental Health Awareness Task

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



Work together with your children and young people; can you re-create your own versions of these posters? What is and what isn't mental health? How do you look after your mental health? Start the conversation!

You can send your masterpieces to alice.moody@bucksmind.org.uk if you'd like to share.



Talking Feelings with Children

Charlie Waller Memorial Trust

<https://www.cwmt.org.uk/talking-about-feelings>



The CWMT provide some useful tips for talking to children about emotions from mental health trainers.

We teach people how to look after their mental health

Practical.

We give people practical strategies to take care of their mental wellbeing.

Positive.

We know the importance of understanding, talking and offering hope.

Proven.

All our training and resources are based on sound clinical evidence.

Information, Support and Advice



Free online coaching program for challenging times



10 Days of Happiness is a free online coaching program which guides you through daily actions for happier living, all based on the latest research.

<https://www.actionforhappiness.org/10-days-of-happiness>

National Mind - 15-minute survey: mental wellbeing and mental health support

Your answers will help to support more people with their mental health and wellbeing over the next few weeks. There is a version for both adults and young people.

https://www.index.eu.qualtrics.com/jfe/form/SV_efbeCqibDUCVvLz?Q_CHL=email&Q_Source=website

Please complete our brief feedback survey to help us improve our resources

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzsrNkWUuWHRbLXGI7yvfHBe1x5Bovajv7VzJUODIXRUIUEVRSkZTTkZNMDBQWjFK0QJNNC4u>